



# Rubella

Report a case or suspect case **within 24 hours** to local public health

## Additional Information:

Rubella can have serious consequences for the fetus of a pregnant woman. IF pregnant and exposed to rubella, consult a health care provider immediately.

Symptoms can include:

- Low-grade fever
- Headache
- Mild pink eye
- Swollen and enlarged lymph nodes
- Cough
- Runny nose
- Rash

The rash generally starts on the face and then spreads to the rest of the body and can last up to 3 days.

Many individuals will not have any symptoms.

Incubation Period	14–23 days
Contagious Period	From 7 days before to 7 days after the rash appears.

## Recommended Actions

Refer to a health care provider for evaluation and diagnosis.

### Cases:

Exclude cases or suspect cases from the time illness onset through the 7th day after the rash appears

### Contacts:

Exclusions for contacts will be determined by the local health agency.

Please see [Arizona Administrative Code R9-6-365](#) for specific language.

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Contact with secretions of the nose, mouth, and throat of an infected individual. These secretions may be on surfaces, tissues or in infected droplets in the air.

## Prevention

MMR vaccination is recommended at 12-15 months and at 4-6 years.

[CDC Updated Vaccine Schedule](#)

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## Resources

- [CDC Rubella](#)